

Savory Green Morning Shake

1 PRE-BLEND

1–1½ min

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|-------------------|------------|---------------------|---------------------|
| • Ice | 3 cubes | • Garlic | ½ sm. clove |
| • Water | 1–1½ cups | ⚠ Brazil nut | 1 only • never pool |
| • Ginger | ~1 inch | • Lemon | ½ • in 4 chunks |
| • Cucumber | few slices | | |

2 MAIN BATCH

1 min

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|------------------|-----------|----------------------------|----------------------------|
| • Protein | 1 scoop | • Nutritional yeast | 1 tbsp |
| • Skyr | ¼ cup | ⚠ Kelp | ½–1 jar scoop • never pool |
| • Kale | 1 handful | • Avocado | 1 whole |
| • Arugula | 1 handful | • Tahini | 1 tbsp |
| • Chia | 1 tbsp | • Olive oil | 1 tbsp |

3 JUST BEFORE CONSUMPTION

20 sec

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|--------------------------|-----------|------------------------|---------|
| • Sunflower seeds | 1 tbsp | • Pumpkin seeds | 1 tbsp |
| • Walnut | ~4 halves | • Psyllium husk | ½–1 tsp |

Add couple of ice cubes to taste & enjoy!